

We're Preparing. Are You?

Health emergencies can happen with little or no warning. At Public Health - Seattle & King County, planning for emergencies, including pandemic flu, is a priority. Being prepared can reduce fear and anxiety for everyone. There are things you can do to prepare:

1 Read your "Preparing for Pandemic Influenza: A Personal and Family Guide" included with this sheet

2 Visit our website: www.metrokc.gov/health/pandemicflu for the latest information on pandemic flu

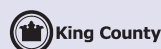
3 Start preparing now



Post at home or work

Stop Germs, Stay Healthy

- Wash hands frequently
- Cover coughs and sneezes
- Stay home when sick



www.metrokc.gov/health

Shopping list



Pandemic Flu Preparedness Essentials

The following items should be part of your disaster supplies, enough to last at least a week:

- ☐ Nonperishable food and water
- ☐ Medicines you take regularly
- ☐ Medicines for flu symptoms, including acetaminophen, ibuprofen, cough syrup
- ☐ Thermometer
- ☐ Personal hygiene items, including soap, tissues, toilet paper
- ☐ Alcohol-based hand cleaner
- ☐ Extra cash
- ☐ Large trash bags

For complete resources and information, visit: www.metrokc.gov/health/pandemicflu

